

# Thai Gazpacho

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Ingredients	Quantity	Measure
Garlic	1	clove
Green onions, white and pale green parts cut into 1-inch pieces	3	each
Yellow bell pepper, quartered	½	each
Red bell pepper, quartered	½	each
Cucumber, cut into 1-inch pieces	1	each
Roma tomatoes, ripe	½	pound
Tomato juice, low sodium	2	cups
Lime juice, fresh	½	each
Thai style red curry powder	1	teaspoon
Ginger, fresh, minced	2	teaspoon
Salt	1	teaspoon
Pepper	¼	teaspoon

## Preparation

1. In a food processor, add garlic and pulse until finely chopped.
2. Add green onions and peppers to the food processor and pulse again until you get ¼-inch pieces.
3. Transfer pepper mixture to a medium bowl.
4. In the food processor, pulse the cucumber into small pieces. Transfer to the pepper mixture.
5. Add the tomatoes to the food processor and pulse into small pieces. Add to other vegetables in bowl.
6. Stir in tomato juice, lime juice, fresh ginger, curry powder, salt and pepper to the chopped vegetable mixture
7. Refrigerate gazpacho for several hours.
8. Add salt or curry powder to taste.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 26 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 6g Fiber: 1g Total Sugars: 4g Protein: 1g Sodium: 241mg  
Vitamin A: 43µg Vitamin C: 36mg Calcium: 19mg Iron: 1mg Folate: 27µg